

PORK with NATURAL JUICES

CANNED

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 02/05/01

Product Description

- Canned Pork is **fully cooked** in its own juices and is ready to use.

Pack

The 29-ounce can contains about three cups of cut-up pork.

Storage

- Store unopened can in a cool, dry place until ready to use.
- For **best quality**, unopened cans of pork should be used within 36 months of receipt.
- Store leftover pork in a covered container and refrigerate. Use within 2-3 days.

Uses and Tips

- To remove fat that has risen to the top, open the can and gently scoop the fat out with a spoon. Throw the fat away. To remove the fat more easily, chill the can before opening.
- To add extra flavor, but not extra fat, add spices, peppers, onions, garlic, and tomatoes.

(See recipes on reverse side)



U.S. Department of Agriculture

Menu Ideas

- For a quick "pizza" snack, top a sliced English muffin half with tomato sauce, cheese, and diced pork. Bake until cheese is melted.
- Use cut-up pork in salads, soups, stews, sandwiches, barbecue, spaghetti sauce, vegetable stir-frys, or casseroles.

Nutrition Information

- **Pork** provides protein, thiamin, niacin, and zinc as well as other vitamins and minerals.
- 2 to 3 ounces of pork provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts			
Serving size 3 ounces (85g) canned pork			
Amount Per Serving			
Calories	315	Fat Cal	270
		% Daily Value*	
Total Fat	30.0g		46%
Saturated Fat	12.0g		60%
Cholesterol	67mg		22%
Sodium	345mg		14%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	12g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	16%
*Percent Daily Values are based on a 2,000 calorie diet.			

10-Minute Pork BBQ Sandwich

1 teaspoon vegetable oil
1 large onion, chopped
2 cups canned pork
 $\frac{3}{4}$ cup prepared barbecue sauce
5 hamburger rolls

1. In large skillet, heat oil on low heat.
2. Add onion and cook until tender, about 5 minutes.
3. Mix in pork and barbecue sauce and cook until heated through, about 5 minutes.
4. Spoon barbecue mixture on bottom half of opened hamburger bun.

Makes approximately five ($\frac{1}{2}$ cup) servings

Nutrition Information for each serving of 10-Minute Pork BBQ Sandwich:

Calories	331	Cholesterol	35 mg	Sugar	17 g	Calcium	64 mg
Calories from Fat	85	Sodium	862 mg	Protein	19 g	Iron	2.0 mg
Total Fat	9.5 g	Total Carbohydrate	40 g	Vitamin A	11 RE		
Saturated Fat	2.8 g	Dietary Fiber	2 g	Vitamin C	2 mg		

Pasta with Pork and Green Pepper Sauce

1 tablespoon vegetable oil
1 green pepper, seeded, coarsely chopped
1 large onion, coarsely chopped
2 cups canned pork
1 jar (25 to 29 ounces) spaghetti sauce
9 oz spaghetti (or other pasta) cooked, or hot cooked rice

1. In a large skillet, heat oil on low heat.
2. Add green pepper and onion; cook until tender, about 5 minutes.
3. Add pork and spaghetti sauce to vegetable mixture. Reduce heat to low and cook, uncovered, until heated through, about 5 minutes.
4. Serve over spaghetti, other pasta, or hot cooked rice.

Makes six servings (3/4 cup sauce and 1 cup spaghetti)

Nutrition Information for each serving of Pasta with Pork and Green Pepper Sauce:

Calories	474	Cholesterol	34 mg	Sugar	20 g	Calcium	65 mg
Calories from Fat	121	Sodium	944 mg	Protein	22 g	Iron	4.0 mg
Total Fat	13.5 g	Total Carbohydrate	66 g	Vitamin A	238 RE		
Saturated Fat	4.0 g	Dietary Fiber	5 g	Vitamin C	33 mg		

Breakfast Pork Burritos

1½ teaspoons vegetable oil
 $\frac{1}{2}$ green pepper, seeded, finely chopped
1 small onion, finely chopped
1 cup canned pork
8 burrito-size flour tortillas, warmed
 $\frac{1}{2}$ cup dry egg mix mixed with $\frac{1}{2}$ cup water (2 eggs)
1 cup salsa

1. In a skillet, heat oil on low heat.
2. Add green pepper and onion; cook until tender, about 5 minutes.
3. Add pork to the vegetable mixture and cook until heated through, about 5 minutes. Remove and hold.
4. Heat same skillet over low heat.
5. Add beaten eggs and cook until scrambled, about 2 to 3 minutes.
6. Add $\frac{1}{3}$ cup pork mixture to warmed tortilla, then top with $\frac{1}{4}$ cup scrambled eggs and 2 tablespoons salsa. Roll up burrito-style.

Makes eight servings

Nutrition Information for each Breakfast Pork Burrito:

Calories	214	Cholesterol	62 mg	Sugar	3 g	Calcium	86 mg
Calories from fat	72	Sodium	569 mg	Protein	12 g	Iron	2.3 mg
Total Fat	8.0 g	Total Carbohydrate	24 g	Vitamin A	32 RE		
Saturated Fat	2.0 g	Dietary Fiber	2 g	Vitamin C	14 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

U.S. Department of Agriculture • Food and Nutrition Service • 1999

USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 14th & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

